



A typical lesson

The Playball programme, through well structured practice sessions and specialised coaching, teaches children to focus on specific skills. Each skill is explained and demonstrated by the coach, and then practised by the children.

Here is the running order of a typical Playball lesson:

- 1) Warm up - this gets children moving, excited and ready for the session
- 2) 4-6 skills - these are age-specific and relate to the 9 different sports (a juice break is scheduled in during this section)
- 3) Game - a fun time for the children so they finish the class on a physical and mental high
- 4) Presentation of medal and "Sporty" stamps/stickers - a time to recap on what was learnt during the lesson and to celebrate achievement
- 5) Playball cry/song - the ball cry encourages "togetherness" and leads to improved social interaction and communication between team members

The Playball medal

At the end of each lesson, a Playballer who has excelled at listening attentively to instructions and have tried their best is presented with the Playball medal to take home for the week. The rest of the group are encouraged to congratulate the winner by clapping their achievement.

The Playball medal helps with class discipline, promotes sportsmanship qualities and develops an enormous amount of confidence and improves self-esteem.

A record is kept of who has received the medal and is rotated weekly.

